Healthy Food and Beverage Guidelines for MEETINGS AND CELEBRATIONS

Hosting a meeting or celebration? Thinking about providing food and beverages?

Follow these guidelines to promote healthy, nourished employees!

Guidelines:

**WATER** – Provide pitchers with cold, fresh water and cups, or bottled water.

**MEALTIMES** – Food doesn’t need to be provided at every meeting, especially at meetings less than one hour.

- Notify meeting attendees ahead of time if food will be provided.
- If possible, avoid holding meetings during lunch. Lunch may be the best time for employees to get movement into their workday.

<table>
<thead>
<tr>
<th>MEETING TIME</th>
<th>CONSIDER PROVIDING</th>
<th>ALWAYS PROVIDE</th>
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</thead>
<tbody>
<tr>
<td>7 a.m.-8 a.m</td>
<td>Light Breakfast, Coffees, Teas</td>
<td>Water</td>
</tr>
<tr>
<td>9 a.m.-11:30 a.m</td>
<td>Healthy Snacks</td>
<td>Water</td>
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<tr>
<td>11 a.m.-12:30 a.m</td>
<td>Light Lunch</td>
<td>Water</td>
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<tr>
<td>12 p.m.-4 p.m</td>
<td>Healthy Snacks</td>
<td>Water</td>
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Healthy beverages: Provide fresh cold water, milk, coffee, tea, or 100% juice. Soda is not a healthy option.

A healthy breakfast includes:

- Fruit (whole or cut up).
- Whole grains such as whole grain bagels, muffins, granola or oatmeal. You must specifically request whole grain bagels or muffins from your caterer. Ask for ‘mini’ versions.
- Protein – eggs (hard boiled or egg sandwich if it’s a grab and go breakfast), peanut butter for bagels, yogurt, smoothies made with yogurt or protein powder, or protein bars.

A healthy lunch includes:

- Fruit (whole or cut up).
- Vegetables (salad, crudité, soup, hot or cold vegetable sides).
- Whole grains such as sandwich bread, couscous, tabouli, quinoa, crackers. You must specifically request whole grain items from your caterer.
- Entrées – Sandwiches (e.g. turkey, chicken, hummus, portabella mushroom), salads (e.g. chicken caesar salad, chef salad), vegetable pizza with low-fat cheese on whole grain crust.

A healthy snack may be:

Trail mix, pretzels, baked chips, veggie platter, fruit (whole or cut up), peanut butter and whole-grain crackers, yogurt, or popcorn.

Healthy food tips:

- Serve whole grains, fruits, and vegetables whenever possible.
- Serve small portions – cut items in half or quarters.
- Dessert doesn’t have to be heavy – fresh fruit, fruit crisp, or small cookies are excellent choices. No dessert is also an option!
- Include a vegetarian option at all meals.
- Identify food items with signage.
- Serve salad dressing on the side.

think twice before providing food

MaineHealth
**LET’S GO!**
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